



## Recommended Pre & Post Care for Laser Genesis Treatments

For best results please follow these instructions

### BEFORE YOUR TREATMENT:

- Do not wear makeup on the day of treatment.
- Excess hair may need to be shaved. Men should be cleanly shaved.
- No sun-tanning or self-tanners 4 weeks prior to treatment.
- Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify the clinic with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

### AFTER YOUR TREATMENT:

- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- Bruising, redness and swelling may occur and resolve with time.
- Avoid heat – hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) a few days post-treatment.
- Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Multiple treatments are required.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Consult with the clinic about when to resume skincare regime.
- Additional instructions: \_\_\_\_\_

For emergencies ONLY please contact 519-270-0833  
For any other issue please call the clinic at 226-909-3590

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